

The Message



NewLife
CHURCH CRAWLEY

From Grief to Growth

getting through what you're going through....

NewLife
CHURCH CRAWLEY



FROM GRIEF TO GROWTH – WHAT DO WE LEARN?

1. LOSS IS UNAVOIDABLE BUT growth is a choice

There is no LIFE without change

There is no CHANGE without loss

There is no LOSS without pain, but growth is a **CHOICE**

Ecclesiastes 3:1-2, 4-5

There is a time for everything,
and a season for every activity under the heavens:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to embrace and a time to refrain from embracing,

Isaiah 54 – sing o barren woman....

FROM GRIEF TO GROWTH – WHAT DO WE LEARN?

1. LOSS IS UNAVOIDABLE BUT growth is a choice

2. GRIEF IS HEALTHY

“When Jesus saw Lazarus’ sister sobbing, and saw how all those with her were crying also, his heart was touched, and he was deeply moved... Then Jesus started crying. ‘See how much he loved Lazarus!’ they said.” John 11:33-36

FROM GRIEF TO GROWTH – WHAT DO WE LEARN?

1. LOSS IS UNAVOIDABLE BUT growth is a choice
2. GRIEF IS HEALTHY
3. GOD GRIEVES WITH ME

“The Lord is close to the broken hearted and saves those who are crushed in spirit.” Psalm 34:18

“A Message from the high and towering God, who lives in Eternity, whose name is Holy: I live in the high and holy places, but also with the low-spirited, the spirit-crushed, And what I do is put new spirit in them, get them up and on their feet again.”

Isaiah 57:15 The Message Version

FROM GRIEF TO GROWTH – WHAT DO WE LEARN?

1. LOSS IS UNAVOIDABLE BUT growth is a choice
2. GRIEF IS HEALTHY
3. GOD GRIEVES WITH ME
4. GRIEF IS HEALED IN COMMUNITY

“Then they saw him from a distance...they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.” Job 2:12-13

- *Galatians 6:2*
- *Romans 12:15*

STEPS TO MOVING FORWARD

1. List the losses I've never grieved

Jesus said "Blessed are those who mourn, for they will be comforted." Matthew 5:4

Why don't we let ourselves grieve?

STEPS TO MOVING FORWARD

1. List the losses I've never grieved

2. Have the courage to lament

*A LAMENT: a passionate expression of grief to God
An act of worship that can include complaining to God*

“Get up, cry out in the night. Cry all through the night. Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him.”

Lamentations 2:19

Psalms of Lament:

Psalms 3-7, 9, 10, 12-14, 17, 22, 25-28, 31, 35, 36, 38, 39, 41-44, 51-61, 64, 70, 71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 109, 137, 139-143, 145

STEPS TO MOVING FORWARD

- 1. List the losses I've never grieved*
- 2. Have the courage to lament*
- 3. Focus on how much God loves me*

“The Lord is like a father to his children, tender and compassionate to those who honour him. For he understands how weak we are.”

Psalm 103:13-14

Jesus: *“God has sent me to heal the broken hearted...”*

LUKE 4:18 (LB)

CONCLUSION:

How can we respond?

